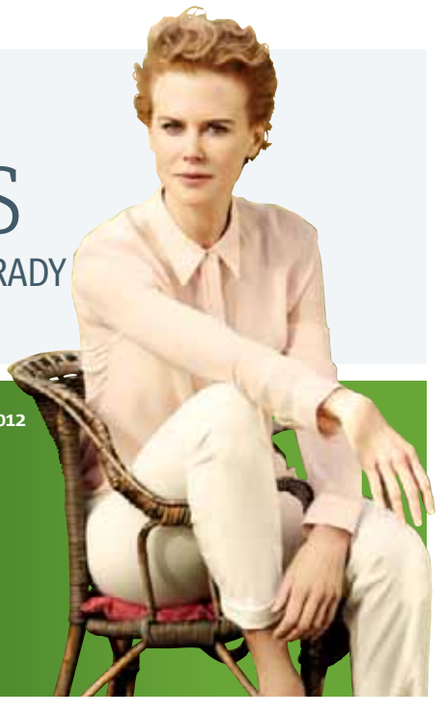
Single men, bad habits

Study shows bachelors most likely to believe they don't have control over their own health PAGE 27

STARS SHARE THEIR TV FAVES

EMMY NOMINEE NICOLE KIDMAN LIKED BRADY BUNCH AND BEWITCHED GROWING UP PAGE 21



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JERSEY BOYS

Vancouver Giants forward Marek Tvrdon, left, and former Vancouver Canuck Ernie Dougherty show off retro tribute jerseys at a press conference Monday. The Giants will wear the throwback jerseys in their home opener on Friday to honour Dougherty and the rest of the '45-'46 Pacific Coast Hockey League title-winning team, which will be inducted into the B.C. Sports Hall of Fame on Thursday. More Giants coverage, page 8. PHYLICIA TORREVILLAS/METRO

TransLink scales back transit plan

2013 service reductions. '(We) have to pause and look at what we can deliver,' board chair says

MATT KIELTYKA
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TransLink board chair Nancy Olewiler lays out the transportation authority's scaled-back 2013 Base Plan in Burnaby on Monday. MATT KIELTYKA/METRO

That beeping you hear is cash-strapped TransLink putting its plan for next year into reverse. Faced with dwindling revenues, the transportation authority presented a brand-new draft 2013 Base Plan to media Monday — and it doesn't look good.

As part of the changes to its original plan, TransLink is hitting the brakes on 306,000 hours of bus service, scrapping the White Rock extension of the King George Boulevard B-Line, cancelling more frequent off-peak Highway 1 Rapid Bus service, and reducing the funding allocated to cycling and road-network projects.

The regional public transit and road operator will also start charging at all of its Park and Ride lots.

TransLink board chair Nancy Olewiler says the plan will help save $98 million annually over the next three years in the face of lower-than-expected transit fare and fuel-tax revenues. An impending provincial audit of TransLink may also force further changes to the base plan.

Construction on the Evergreen Line will be unaffected.

"The whole plan is to be fiscally responsible," said Olewiler. "Events have occurred that mean we have to pause and look at what we can deliver."

Surrey Mayor Dianne Watts says TransLink is making the best with what it has, but new sustainable funding policies need to be found to keep the growing region livable. All told, TransLink says it faces a $472-million shortfall in expected revenue.

"It's been a challenge," Watts said. "The Mayor's Council only has four funding options it can approve. It's just not sustainable."

She suggests a "fair and equitable" tolling policy throughout the region to pay for projects and maintain them. "We've got to look at it," she said, stressing that rates should be kept very low across the board.

TransLink's 2013 Base Plan is expected to be finalized by Nov. 1. It will then be taken to the transportation commissioner for approval.

Follow Matt Kieltyka on Twitter @Mkieltyka

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Grandpa of gangster's child sentenced to prison

Wrong choices.
Wayne Scott gets three and a half years after a police agent offered to sell 100 kilograms of cocaine for $3 million

A British Columbia truck driver admitted Monday he was stupid to get involved with a high-profile gang figure, the father of his grandchild, in a scheme to import Mexican cocaine into Canada, but his contrition didn't prevent a judge from sentencing him to 3-1/2 years in prison.

Wayne Scott, 56, of Abbotsford, B.C., was convicted earlier this year along with Jarrod Bacon of conspiracy to traffic cocaine. The pair were busted in a reverse-sting operation in which a police agent offered to sell 100 kilograms of cocaine for $3 million.

Bacon, one of three brothers the police have accused of being gangsters, was in a relationship with Scott's daughter and the couple had a son together.

Scott insisted he was merely a go-between who put Bacon in touch with a former co-worker.

Apology

"I'm very sorry for the poor decisions that were made on my part, causing stress to my family."
Wayne Scott

He also argued he was manipulated by his former work colleague, who it turned out was working as a police agent, to do something that was completely out of character.

The judge agreed Scott likely wouldn't have entered such a conspiracy had it not been for the "accidents" of fate that saw him associating with Bacon and his friend-turned-police-agent. But the judge added Scott nonetheless participated in the conspiracy willingly.

"I accept that he is a naive and unsophisticated man with no particular individual propensity for wrongdoing who became caught up in circumstances created by the cross-currents of the ambitions of others," Associate Chief Justice Austin Cullen of the B.C. Supreme Court told Scott's sentencing hearing on Monday.

"I am satisfied, however, that his involvement was a product of his free-will, and was motivated to a significant degree by profit."

The trial heard that a former co-worker of Scott's with a history of drug trafficking, identified only by his initials, approached Scott in early 2009 asking for a meeting with Bacon to talk about a drug-trafficking opportunity.

Scott obliged, the court heard.

The deal was a work of fiction created by police. The scheme unravelled in November of 2009, when Scott and Bacon were arrested.

THE CANADIAN PRESS

Pacific Centre to undergo major facelift as U.S.-retailer Nordstrom sets up shop

An artist's rendition of what the redeveloped south end of Pacific Centre, where Sears has been a mainstay for years, will look like once Nordstrom opens in the space. With Sears moving out of its iconic, outdated location at Robson and Granville streets, the mall's owners — Cadillac Fairview — announced Monday that the building infamous for its giant bland white walls will undergo some dramatic cosmetic surgery. Construction is schedule to begin in November and will take up to 24 months to complete. Nordstrom is slated to open in 2015. CONTRIBUTED

SMEN 1 NEWS

Mobile news

Qriket

As Zellers closes its doors, the company has put Zeddy the mascot up for grabs. Scan the code to watch what the famed bear has to say about the situation.

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A Richmond fitness studio is offering a Gangnam Style-inspired cardio fitness dance class Tuesday night.
SCREENGRAB/YOUTUBE

Get your cardio, Gangnam Style, in Richmond

Viral. Korean rapper Psy taught dance to Britney Spears on Ellen DeGeneres show

PHYLICIA TORREVILLAS
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Want to get fit Gangnam Style?

Richmond's Sunberryfitness is offering health buffs a chance to saddle up and ride to South Korean rapper Psy's hit Gangnam Style. His music video has racked up almost 200 million YouTube views since July.

Studio manager Nancy Lin said due to popular demand, a second cardio-dance fitness class Tuesday was made to accommodate all the people eager to learn the wacky horse-riding dance.

One of the regulars had even arranged for a babysitter ahead of time so she wouldn't miss the class that would have 20 to 25 people, she added.

"The music video has a lot of comedy injected to it, not purely choreography, so (instructor Lisa Kirby) will be injecting a lot of her own choreography mixed with the signature horse-riding move," Lin said.

Psy appeared last week with Britney Spears on Ellen DeGeneres' show to offer the two women a one-on-one dance lesson where he told them that the secret of the dance is to "dress classy and dance cheesy."

Lin said participants can definitely dress the part. "Lisa might bring a blazer just to wear for the day and we asked a lot of people if they want to bring in sunglasses, they can definitely do that," she added.

Sunberryfitness

- **When, where, how much.** The two Gangnam Style cardio dance fitness classes will run Tuesday from 7 to 9 p.m. at 208-8171 Park Rd. It's $12 for drop-ins and $6 for first-time visitors.

Vandalism

Boarders arrested for smashing SUV

Two skateboarders face mischief charges in Victoria and a third has yet to be arrested after the trio allegedly destroyed an SUV with their boards when the driver honked at them to get out of the middle of the road last Friday night.

Police say a couple in their 30s and a friend were in the vehicle when the trio threw a skateboard at the windshield and smashed the driver's side window.

Police say the attack continued as the SUV was stopped at a red light, causing thousands of dollars in damage. THE CANADIAN PRESS

Tragedy. Three extended family members named in fatal Coquihalla crash

The B.C. Coroners Service has named three members of an extended family as victims in a crash on the Coquihalla Highway near Kamloops.

Five people were in the SUV on Friday when the driver lost control, sending the vehicle down a 30-metre embankment five kilometres south of the Logan Lake turnoff.

The deceased are 49-year-old Sada Mudaliar, his 60-year-old mother-in-law Zaruna Begum, and his 41-year-old brother-in-law Shahir Khan.

The victims were all from New Westminster.

By the numbers

5

Three people were killed and two injured after a tragic crash on Coquihalla Highway, near Kamloops, last Friday.

The driver and a passenger survived and were transported to hospital.

Coroner Barb McClintock says many witnesses saw the crash and that may help determine its cause.

THE CANADIAN PRESS

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Lougheed Mall
Metropolis at Metrotown
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4711 Kingsway
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Chilliwack
Cottonwood Mall
Eagle Landing
45300 Luckakuck Way
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Coquitlam Centre
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3000 Lougheed Hwy.
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1071 Austin Ave.
2700B Barnet Hwy.

Delta
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4841 Delta St.
Scottsdale Centre
7235 120th St.
1517 56th St.

Langley
8700 200th St.
8840 210th St.
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19638 Fraser Hwy.
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Last six Little Mountain residents fighting 'devastating' eviction

Social housing. BC Housing says toxic land must be decontaminated to make way for redevelopment

KATE WEBB
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The six tenants living in the four remaining units of the Little Mountain social-housing project are fighting eviction notices served by BC Housing that will come into effect at the end of the month.

Hundreds of residents on the 15-acre site at Main and 37th were evicted in 2009, except for the remaining six, who managed to keep their building from being torn down through protests and a months-long sidewalk vigil.

BC Housing says the land must be vacated in order for soil contaminated by previously buried oil tanks to be removed or remediated. The site is slated to be redeveloped into a much denser combination of housing, including a 10- to 14-storey condo tower and some social housing.

Ingrid Steenhuisen, who has lived at Little Mountain all her life, said her eviction notice came with an offer to help her find alternative social housing, but there's nothing comparable in the same neighbourhood. Asked what the impact would be of being forced out, she broke down in tears.

"It would be devastating," she said.

She has lived in her apartment since 1964 with her mother, who is in hospital recovering from surgery. Steenhuisen herself is disabled and uses two canes to get around.

"I would not be able to provide my mom with that support and peace of mind that her house is still here," she said. "It would reduce my ability to volunteer, which is important for people with disabilities, because there's nothing else in this area if there's a need for two bedrooms or more."

Dale McMann, executive regional director of BC Housing for the Lower Mainland, said he sympathizes with the residents, but it's not safe for them to remain there while the soil is decontaminated. The land needs to be dug up and either exposed to the air for several months, or trucked off-site, before construction can begin.

McMann said the developer, Holborn Developments, is still hopeful it will be able to break ground in 2013, although the tenants' advocate and former MLA David Chudnovsky said city planners told him that is unlikely to happen before mid-2014.

McMann said the provincial housing authority is willing to cover the tenants' moving costs and to subsidize their rent in private-market rental housing within the neighbourhood.

Little Mountain tenant Ingrid Steenhuisen, who is facing eviction, speaks at a news conference on Monday at Main and 37th. CONTRIBUTED/SEAN ANTRIM

Simmering labour strife could bode well for B.C. Liberals: Analyst

Thousands of B.C.'s public-service workers are gearing up to push back against their employers in a range of union disputes this week.

But while British Columbians could be in for some disruptions to their daily lives, on the political front the labour unrest could give a much-needed boost to the faltering B.C. Liberal party, one analyst says.

Prof. Hamish Telford, head of political science at the University of the Fraser Valley, says the party's popularity is running so low, the Liberals might have to resort to "more desperate tactics."

"If they cannot meet the union demands quickly, then I think they have an incentive to drag this on as long as possible," Telford said.

"Labour strife through the fall and winter, I think, would make the NDP quite uncomfortable."

Last week, Finance Minister Mike de Jong announced impending budget restraints after revealing low natural-gas prices have cost the province $1.1 billion in revenue.

Telford said the Liberals could capitalize on the labour situation by showing British Columbians they're tough on public-sector unions, which include many white-collar employees who are well paid with excellent benefits, pensions and good job security.

The strategy would also signal to the business community — known for its support of the Liberals — that the party is standing its ground on contract demands to balance the budget, he said.

Telford said the New Democrats would have to be wary of being overly sympathetic to the unions because the Liberals could in turn portray them as fiscally reckless and irresponsible.

THE CANADIAN PRESS

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Burns Lake. Owners say mill destroyed by explosion will be rebuilt

A northern British Columbia sawmill that was flattened by a deadly explosion will be rebuilt with leading-edge safety measures, but deals must first be finalized to ensure a sufficient timber supply.

Mill owner Hampton Affiliates announced Monday that it has decided to reinvest in the Burns Lake operation gutted by fire last January, even as its president called lumber availability "precarious" due to the region's pine beetle scourge.

Negotiations with the province and local First Nations are well underway to secure lumber for at least 20 years, CEO Steve Zika said. "We've heard about a lot of these (assurances), it's been very recent, they all sound good. We just need to see these agreements, get them in place," Zika told reporters in the tiny community about 200 kilometres west of Prince George.

THE CANADIAN PRESS

Fireball

2

Two men were killed and 19 others injured, including one person who remains hospitalized, in the Jan. 20 mill explosion

B.C. Liberals. Committee opts to keep party name ahead of provincial election

The B.C. Liberal party will be taking its name into the next provincial election in May, after a three-member committee ruled out a name change.

MLA Colin Hansen said the committee concluded there is not enough time to try and rebrand the party before voters go to the polls.

Hansen said the committee recommended that the idea should still be put on the agenda for the next convention after the 2013 election.

He said one of the challenges is that many of the names people suggested were unavailable because they were already registered with Elections BC.

The call for a name change came at the last Liberal convention, during which some party members said the name is too close to the federal Liberal party, even though there's no connection between them.

THE CANADIAN PRESS

New Westminster

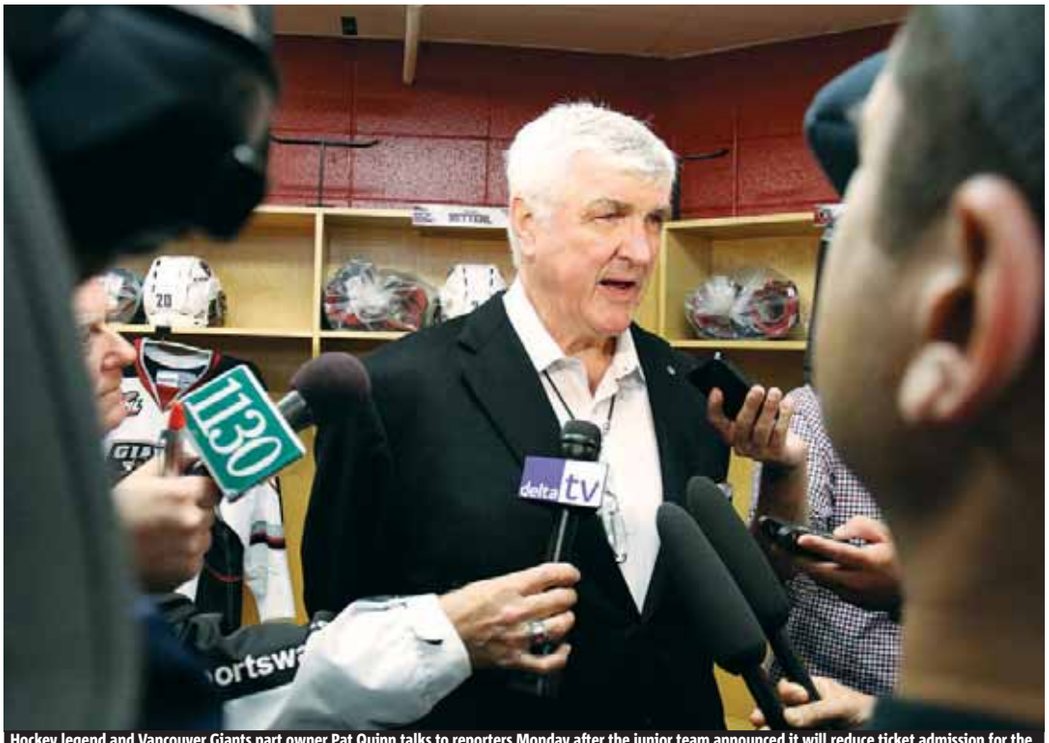
Pepper-spray incident on bus

New Westminster police are hunting for a man suspected of pepper-spraying a TransLink bus driver and two adult passengers Sunday night at McBride Boulevard and Colborne Street. A drunk man got verbally abusive with the driver after the bus hit a bump, a witness said, and pepper-sprayed him. METRO

North Vancouver

Pricey electric bikes stolen

A dozen high-end electric bikes worth $48,000 were stolen from a North Vancouver bike shop sometime overnight on Friday. The Swiss-made bikes, valued at $4,000 each, are all either solid red, black or white, and have a distinctive thick frame with the STROMBER logo in text. METRO



Hockey legend and Vancouver Giants part owner Pat Quinn talks to reporters Monday after the junior team announced it will reduce ticket admission for the first three home games of the season. PHYLICIA TORREVILLAS/METRO

Giants look to grow

WHL. Vancouver Giants hope reducing ticket prices will attract Canucks fans

PHYLICIA TORREVILLAS
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As Canucks fans look for backup plans due to the NHL lockout, the Vancouver Giants are hoping that reducing admission tickets can make the junior team an even more obvious choice.

The Giants announced Monday that they're offering discounted tickets for the first three home games as they capitalize on the lockout in the hopes of gaining more fans.

Quoted

"It'll affect our attendance in a positive way, but I'd say the biggest effect is the calibre of play with our league."

Ron Toigo, Vancouver Giants president and majority owner, on the potential impact of the NHL lockout on the Western Hockey League

"It'll affect our attendance in a positive way but I'd say the biggest effect is on the calibre of play with our league," said Giants president and majority owner Ron Toigo.

"The number of players that would be moving on to the NHL that end up staying at this level raise the calibre of our game."

He said the offer gives Vancouver fans a chance to rediscover the Giants.

Tickets for upper-bowl reds at the Pacific Coliseum, originally priced at $19, will sell for $15.

The Giants also announced the club will wear retro tribute jerseys to honour the 1945-46 Vancouver Canucks team, who won the Pacific Coast League title and who will be inducted into the B.C. Sports Hall of Fame during the team's season home opener on Friday against the Victoria Royals.

Hockey legend Pat Quinn, who is part owner of the Giants hockey club, said he doesn't have a prediction on how the NHL labour dispute will play out.

But he's hopeful that once fans see the level of talent at the junior level, it'll be easy to make the switch.

"I quite frankly have made (that) transition," he said. "I quite enjoy watching junior more than I do the NHL game right now.... The way guys play here is a little more assertive and aggressive. We see too many in the NHL teams play what I consider a pretty dull hockey game."

Toigo said that after the last NHL lockout, about 1,000 more people became Giants season-ticket holders.

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Teachers' strike. Chicago mayor seeks court order

Chicago's mayor turned to the courts on Monday to try to end a teachers' strike in the United States' third-largest school district that entered its second week. The union immediately condemned the move as an act of vindictiveness by a "bullying" mayor.

The strike has been uncomfortable for the Obama administration with the presidential election approaching, as Mayor Rahm Emmanuel is a former chief of staff to President Barack Obama, and Democrats traditionally get union support.

The strike is the first for the city's teachers in 25 years and has kept 350,000 students out of class.

Sarah Hamilton, a spokeswoman for the mayor, said attorneys asked a state circuit court to force Chicago Teachers Union members off the picket line and back to school.

Salaries

$76K

With an average salary of $76,000, Chicago teachers are among the highest-paid in the U.S.

The union and school leaders had seemed headed toward a resolution at the end of last week, but teachers decided Sunday to remain on strike, saying they needed more time to review a complicated proposal. Central to the debate are two issues of national concern: Teacher evaluations and job security.

Emanuel said the strike is illegal because it endangers the health and safety of students and concerns issues that state law says cannot be grounds for a work stoppage.

THE ASSOCIATED PRESS

F-35s. MPs back auditor general's bid to access emails on stealth fighters

A Federal Court bid to stop auditor general Michael Ferguson from releasing correspondence between his office and a House of Commons committee died a quiet death Monday.

MPs voted to waive the parliamentary privilege of protection over the records in what's being described as a one-time gesture.

Federal lawyers filed a court application in early September after attempts to persuade Ferguson to reject the information request failed.

The NDP were seeking access to his correspondence with the public accounts committee, where he testified about his explosive report into the handling of the planned purchase of F-35 stealth fighters.

Commons Speaker Andrew Sheer said the action taken by officials was in keeping with long-standing practice and they'd only asked the auditor's office to wait until September before deciding whether to comply with the information request.

The court bid emerged when Ferguson's staff decided not to wait, and Sheer defended the decision to take legal action as a means of safeguarding Commons privileges.

THE CANADIAN PRESS

Top spy rejects call for oversight of CSIS

Human rights. Commission says effectiveness of agencies depends on public trust

CSIS head Dick Fadden waits to testify at the Commons public safety committee on Parliament Hill in Ottawa on July 5, 2010. Canada's top spy has rejected a call for more scrutiny of CSIS's human-rights record. ADRIAN WYLD/THE CANADIAN PRESS FILE

Canada's senior intelligence officer has rejected a call from a federal watchdog for more scrutiny of the Canadian Security Intelligence Service's human-rights record.

In a newly declassified memo, CSIS director Dick Fadden dismisses the Canadian Human Rights Commission's recommendation that national security agencies do more to ensure they are not taking part in racial profiling or other objectionable practices.

"I am confident in the service's existing human rights policies and procedures, as well as our accountability and review structures," Fadden says in the January 2012 memo to Public Safety Minister Vic Toews.

"We have taken aggressive proactive steps to prevent discrimination and profiling in the service, and our investigation and reporting are pursued to protect Canadians and not out of any discriminatory bias."

The memo was provided by Mike Larsen, a criminology instructor at Kwantlen Polytechnic University in British Columbia, who obtained it under the Access to Information Act.

Fadden's memo came two months after the human-rights commission tabled a report to Parliament urging the government to bring in amendments that would underline the importance of respect for human rights in the policies and operations of CSIS, the RCMP and other security agencies.

The changes would require each organization to have a human-rights accountability structure in place. In addition, the security agencies would have to report publicly and regularly on their human-rights records.

"Analysis of a decade of research clearly shows that there are no means to assess the human rights performance of Canada's national security organizations," says the report. The report notes that concerns have been raised about the profiling of people since 9-11.

THE CANADIAN PRESS

Who does what

- **CSIS.** Investigates threats, analyzes information and produces intelligence. The Conservative government recently abolished the agency's inspector general, an independent watchdog.
- **Public Safety Department.** Co-ordinates and supports federal organizations to ensure national security.
- **RCMP.** National police service. International Operations Branch assists the Liaison Officer Program to deter international crime relating to Canadian criminal laws.
- **Communications Security Establishment.** Oversees electronic eavesdropping and provides technical and operational assistance to federal law-enforcement and security agencies.
- **Human Rights Commission.** Investigates complaints of discrimination in employment and in the provision of services.

Fire leads to find

Barn blaze reveals grow ops, snakes

Investigators looking into a barn fire in Milton, Ont., found two illegal grow ops on the property — along with two large pythons.

Several other reptiles, including an alligator, are believed to have died in the fire.

Police say firefighters who responded to the blaze on Saturday found 200 marijuana plants in the barn, while about 66 plants were found in the house.

Stanley Stainton, 48, of Milton, is charged with production of a controlled substance and possession.

THE CANADIAN PRESS

Group of 20 summit

Cop found guilty of misconduct

A British police officer was found guilty of gross misconduct and fired from the London force on Monday over an incident that resulted in the death of a man during a Group of 20 summit in London in 2009.

Officer Simon Harwood hit 47-year-old newspaper vendor Ian Tomlinson with a baton and shoved him to the ground as Tomlinson tried get out of a cordon containing protesters. Tomlinson collapsed and died moments later.

His death became a rallying point for those who alleged police brutality. THE ASSOCIATED PRESS

Poker champ's ex to plead guilty to organizing attack

A lawyer says there will be a guilty plea in the beating and robbery of a world poker champion, who was allegedly set up by his ex-girlfriend.

The lawyer for Bianca Rojas-Latraverse said she will be pleading guilty when she makes her next court appearance Friday.

She is accused of masterminding an attack on her ex-boyfriend, former world poker champion Jonathan Duhamel.

"She wants to have a clear conscience, move along with her life and get this behind her," Sarah Desabrais, the woman's lawyer, said in an interview.

"She has decided to plead guilty."

Three people are accused of taking part in the attack, in which people allegedly broke into Duhamel's Montreal-area home, beat him, tied him up and stole more than $100,000 in cash from a safe along with some of his most prized possessions.

Rojas-Latraverse was not present during the attack but she is accused of conspiracy, kidnapping, break and enter, armed robbery and assault causing bodily harm because of her alleged role.

Guilty plea

"She wants to have a clear conscience, move along with her life and get this behind her."

Sarah Desabrais, lawyer for Bianca Rojas-Latraverse

Duhamel, who won nearly $9 million US in the 2010 World Series of Poker, was attacked at his home last year.

Rojas-Latraverse had been forced to delay the start of her trial last week after being hurt in an apparent incident at her detention centre. Her lawyer said she was doing better.

Now she will try to reach a sentencing agreement with prosecutors before Friday's appearance, Desabrais said.

She noted that many people involved in the case were surprised by the plea change: "Everyone (was) — myself included."

THE CANADIAN PRESS

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Chinese scandal. Trial of former police chief begins with unexpected secrecy

A trial has begun in China for an ex-police chief at the centre of the country's worst political scandal in decades.

Court officials unexpectedly staged a closed-door hearing Monday, a day earlier than publicly announced.

Authorities justified the closed proceedings by saying "state secrets" were being discussed in the trial of Wang Lijun, who is charged with defection, abuse of power and other crimes.

"It was closed according to Chinese law because it involves state secrets," said defence lawyer Wang Yuncai, who is not related to her client.

On Tuesday, the court is scheduled to hold the previously announced public portion of the trial — though foreign media won't be allowed in — and the hearing is expected to go over allegations of bribe-taking and other charges.

The trial was the latest wrinkle in the bizarre months-long scandal that started when Wang fled to the U.S. Consulate in February and divulged the murder of a British businessman.

It resulted in the removal of his boss, senior politician Bo Xilai, from the communist leadership.

During his 33-hour stay at the consulate, Wang claimed that Bo's wife was involved in the murder.

Wang was apparently unable to get asylum in the U.S. Bo's wife was convicted of the murder, after she confessed in court.

THE ASSOCIATED PRESS

Gang-buster

A career policeman of more than two decades, Wang Lijun made a name for himself as a gang-buster in a northeastern province where he met Bo Xilai, then a fast-rising politician.

- The two rode to national fame together, launching a high-profile sweep against organized crime in Chongqing, an inland megacity where Bo had been named party chief.

Obama program. Illegal immigrants swamp L.A. school district for records

Thousands of illegal immigrants have inundated America's second-largest school district with requests for copies of records that might qualify them for the Obama administration's Deferred Action for Childhood Arrivals program, the district said Monday.

Under the program, people who are 30 or younger will be allowed to stay in the United States and work for up to two years if they prove they've lived in this country continuously since June 2007.

Applications can be renewed every two years.

An estimated 200,000 current and former students in the Los Angeles Unified School District might be eligible for the federal program,

"We looked at the birth years that this program covers and there were about 200,000 students that listed another country of origin," special assistant Lydia Ramos said. "We have probably the highest number of students who would be eligible for this."

Saul Berrera, 17, who was 10 when his mom brought him from El Salvador, said: "I feel like doors are opening up for me."

THE ASSOCIATED PRESS

U.S. President Barack Obama greets people at an election campaign event in Cincinnati, Ohio, on Monday. CAROLYN KASTER/THE ASSOCIATED PRESS

Vatican

Judge sets date for trial of Pope's former butler

Pope Benedict's ex-butler and another Vatican lay employee will go on trial next week in the theft of papal documents that exposed alleged corruption at the Holy See.

Judge Giuseppe Dalla Torre said Monday the first session would begin Saturday, Sept. 29.

Paolo Gabriele is accused of grand theft. Claudio Sciarpelletti, a computer specialist in the Vatican, will be tried on a lesser charge.

THE ASSOCIATED PRESS

Newfoundland

New trial for dad in toddler deaths

A new trial has been ordered for a Newfoundland man convicted of drowning his twin daughters, age 3, in a lake. Nelson Hart was found guilty in 2007 of first-degree murder. On Monday the Court of Appeal ordered a new trial. THE CANADIAN PRESS

Shuttle's last journey

Endeavour still stuck in Florida

Space shuttle Endeavour apparently doesn't want to leave home.

NASA's youngest shuttle was supposed to depart Florida's Kennedy Space Center on Monday for its permanent museum home in Los Angeles. But stormy weather along the Gulf of Mexico nixed the plans.

NASA aimed for a Tuesday bon voyage but that ended up getting scrapped as well. Endeavour's departure is now set for Wednesday morning atop a modified jumbo jet.

THE ASSOCIATED PRESS

Two new ads

Romney fights to regain ground

Mitt Romney is attempting to get back on solid footing amid reports of bitter infighting at his headquarters as Barack Obama edges past his Republican rival nationally and in several swing states.

THE ASSOCIATED PRESS

Suu Kyi begins landmark visit to U.S.

Democracy icon. Tour is the latest milestone in her journey from political prisoner to globe-trotting stateswoman

Myanmar democracy leader Aung San Suu Kyi, renowned for her peaceful struggle against military rule, began a marathon tour of the U.S. Monday.

The Nobel Peace laureate will be presented with Congress' highest award during a 17-day visit that comes as the Obama administration considers easing remaining sanctions on the country, also known as Burma.

Suu Kyi meets Tuesday with U.S. Secretary of State Hillary Rodham Clinton and is likely to visit the White House. She then goes to New York, the American Midwest and California in a whirlwind of speaking engagements and award ceremonies, as if making up for lost time for the years of confinement that prevented her from travelling overseas since the late 1980s.

Since her release from house arrest in late 2010, Suu Kyi has transitioned from dissident to parliamentarian. Myanmar has shifted from five decades of repressive military rule, gaining international acceptance for a former pariah regime.

Now confident of her position inside Myanmar, Suu Kyi has in the past four months started to spread her wings. She has travelled to Thailand and five nations in Europe, where she was accorded honours usually reserved for heads of state.

Revered by Republicans and Democrats alike, Suu Kyi will get star treatment in the U.S. too, although her schedule is being carefully planned to avoid upstaging Myanmar President Thein Sein, who arrives in the U.S. the following week to attend the UN General Assembly's annual gathering of world leaders in New York.

For years, some of Washington's most powerful politicians have been among Suu Kyi's strongest advocates in a rare show of bipartisan consensus. Both when sanctions against the Myanmar junta were imposed, and over the past year when they have been suspended, Democrats and Republicans have found common cause.

THE ASSOCIATED PRESS

Amnesty

Myanmar announced Monday it is releasing 514 prisoners under an amnesty, including political detainees and some foreigners.

Myanmar opposition Leader Aung San Suu Kyi, centre, arrives at Yangon airport to leave for the United States Sunday on her first U.S. trip since she was put under house arrest in 1990. KHIN MAUNG WIN/THE ASSOCIATED PRESS

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0.70	VS1	E	VG	$4,440.00	GIA
0.58	SI1	E	VG	$2,040.00	GIA
0.53	VS2	E	VG	$2,220.00	GIA
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0.40	SI2	F	EX	$874.00	GIA
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Occupy protesters take part in a rally on Parliament Hill in Ottawa on Monday, returning on the one-year anniversary of the movement. See the photo gallery online at metronews.ca. SEAN KILPATRICK/THE CANADIAN PRESS

Conservatives welcome NDP with 'bald-faced lie'

Parliament resumes. Harper joins in on carbon tax tirade against opposition leader

Canada's parliamentary engine sputtered back to life with a hyper-partisan bang on Monday as the Conservatives sought to tarnish New Democrat Leader Tom Mulcair by accusing him of planning to impose a carbon tax on unsuspecting Canadians that the NDP has never proposed.

Even Prime Minister Stephen Harper got in on the act, demonstrating that a three-month summer break has done little to soften the Conservative government's go-for-the-jugular partisan instincts.

Harper, his ministers and backbenchers repeated at every opportunity their tirade against Mulcair's supposed carbon-tax proposal, disregarding the fact that the NDP has never actually proposed a carbon tax.

Indeed, Mulcair and his predecessor, Jack Layton, have proposed a cap-and-trade system to reduce greenhouse gas emissions — a proposal Harper himself championed for several years before dropping the idea.

At no point did the Tories ever refer to their own proposal as a carbon tax — but now, it seems, they're not about to let facts get in the way of a good partisan attack.

"Cap and trade or cap and tax, a price on carbon is a tax on carbon. That makes it a carbon tax," said New Brunswick MP John Williamson.

Mulcair refused to respond to the attacks on his supposed carbon tax plan — an assertion he's described as a "bald-faced lie." THE CANADIAN PRESS

Rebuttal

"The NDP's top priority is the economy. The Conservatives' top priority is making things up about the NDP."
NDP Leader Tom Mulcair

Non-conviction records

Background checks tainting thousands

Thousands of Canadians are being unfairly and often unwittingly tainted by information contained in police background checks, a prominent civil-liberties group said on Monday.

The result is that people are denied employment or run into a host of other problems, according to the Canadian Civil Liberties Association.

At issue is the disclosure of "non-conviction" records — information about an investigation, arrest or charge that did not lead to a conviction.
THE CANADIAN PRESS

Fetal rights. Tory MP says abortion case law not clear enough

The Conservative MP seeking to re-open debate on fetal rights and abortion says it should be up to Parliament to resolve an issue the courts "left open."

But Kitchener MP Stephen Woodworth said he is not optimistic he will get the 50 per cent necessary to pass a motion he sponsored to study the definition of "human being" in the Criminal Code.

Woodworth said his motion comes to a final vote in the House of Commons on Sept. 26, and would merely strike a committee to study the issue, and open a "respectful dialogue" on what he argues is a pressing matter.

He said it won't seek to write a new abortion law, but at the same time he claimed the current legal environment around abortion practices is "dishonest."

At a news conference, Woodworth challenged anyone claiming a fetus at eight or nine months gestation is not a child and asked, "Does abortion access really depend on that kind of fraud?"
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'Fatal Vision' killer asking for a retrial

DNA evidence. Former Green Beret convicted of killing his wife and daughters claims new evidence could prove his innocence

Jeffrey MacDonald and his wife, Colette, in Fort Bragg, N.C., in 1969.
THE ASSOCIATED PRESS FILE

Jeffrey MacDonald is getting another chance to try to prove his innocence more than three decades after the former Green Beret was convicted of killing his pregnant wife and his daughters in the case that was the basis for the book Fatal Vision.

MacDonald is asking a judge to grant him a new trial. The hearing began Monday in a federal courtroom in Wilmington, N.C., with MacDonald's attorney saying if jurors in 1979 could have considered two new types of evidence in the case, they would have found him not guilty.

MacDonald is serving three life sentences for the 1970 murders of his pregnant wife, Colette, and their daughters, Kimberley and Kristen.

MacDonald's lawyer said Jimmy Britt, a deputy U.S. marshal when the case was tried, heard prosecutor Jim Blackburn threaten Helena Stoeckley, a troubled local woman whom MacDonald had identified as one of the attackers.

A previous MacDonald attorney has said Stoeckley was prepared to testify she was in the MacDonald home the night of the murders until Blackburn threatened to charge her with the slayings.

THE ASSOCIATED PRESS

Making a case

- Jeffrey MacDonald's lawyer plans to concentrate on two bits of evidence — hairs that don't match MacDonald or his family's DNA and a statement from Jimmy Britt, a deputy U.S. marshal when the case was tried.
- When those two things are considered with the rest of the evidence, "you would conclude no reasonable juror would find Jeffrey MacDonald guilty," defence attorney Gordon Widenhouse said.

Man gets death threats over abandoned dog

A man who left his dog to die on a Colorado mountain said he received death threats, even though he has paid vet bills and agreed to turn over the dog to one of the rescuers.

Anthony Ortolani said Sunday he is giving the German shepherd mix to one of the people who climbed Mount Bierstadt to rescue Missy after the animal spent eight days on her own last month.

Another hiker spotted the injured dog, and volunteers co-ordinated a rescue effort through a climbing website.

Ortolani is charged with animal cruelty for leaving the dog behind on a mountain climbing trip. His lawyer, Jennifer Edwards, said her client hopes to make a plea deal.

Ortolani told KMGH-TV he was forced to leave the dog on the mountain after the animal got injured. He said he and a friend tried to carry the 112-pound animal for more than two hours over rocky terrain, but he worried for his safety and had to abandon her.

Quoted

"I don't want to give her up. I love her, but those people risked life and limb to get her out of there, and that has got to be worth something."

Anthony Ortolani, after leaving his dog behind on a mountaineering trip

Ortolani was climbing with the 19-year-old son of a friend when bad weather moved in. He said the canine's feet were blistered and she was unable to walk. He said he and his climbing companion were also struggling in the bad weather and decided it was time to come down for their own safety.

"Carrying her down, unfortunately, caused her more injury," Ortolani said.

"She fought with me and squirmed off my shoulders, and I dropped her on some rocks and she got hurt worse. Everybody says, 'Why didn't you go back?' My physical condition was significantly deteriorated, my emotional condition was no good. I thought she was dead."

THE ASSOCIATED PRESS

Royals ask French court for injunction on nude Kate pics

Duchess of Cambridge. French and Italian gossip magazines that have published revealing spreads both owned by Berlusconi publisher

Kate Middleton
THE ASSOCIATED PRESS

A French court was asked on Monday to halt further publication of topless photos of Prince William's wife Kate.

After hearing arguments by lawyers for the British royal couple and for the popular French gossip magazine Closer, the court said it would rule today. The royal request was made after Closer printed 14 pictures of the partially clad Kate, the Duchess of Cambridge, in its pages last week.

On Monday, the Italian gossip magazine Chi — like Closer owned by Mondadori, the Italian publishing house owned by former Italian prime minister Silvio Berlusconi — published a 26-page spread of photos of Kate without her swimsuit top. An Irish tabloid published more Kate topless photos over the weekend, drawing a vow from Ireland's justice minister to revise privacy laws there.

The photos in question show the Duchess of Cambridge relaxing during a holiday at a private villa in Provence, sometimes without her bathing suit top and, in one case, with her suit bottom partially pulled down to apply sunscreen.

William's St. James's Palace called the publications of the photos a "grotesque" invasion of the couple's privacy. Lawyers for the royal couple argue that the photos amount to an invasion of privacy.

The royal couple's lawyer, Aurelien Hamelle, told the French court Monday that he is seeking 5,000 euros ($6,400 US) in damages from Closer and an injunction forcing the magazine to stop publishing the issue with the photos. He also asked the court to fine Closer 10,000 euros ($12,800) a day for each day the injunction is not respected, and 100,000 euros ($128,000) if the photos are sold.

THE ASSOCIATED PRESS

Orangutan joins cancer fight

A Jungle Island volunteer comforts Peanut, one of the orangutans from a private zoo, as she is treated with R-CHOP therapy, a combination of drugs used in chemotherapy, to fight her aggressive non-Hodgkin lymphoma in Miami. Human medical specialists are treading new ground in applying a standard chemotherapy regimen to treat cancer in the orangutans. The apes share about 96 per cent of a human's genetic makeup, and Peanut's treatment plan is closer to that of what a human would receive for the same type of cancer. PAT CARTER/THE ASSOCIATED PRESS

Ohio death row

Overweight inmate requests execution delay

A condemned Ohio inmate who weighs at least 480 pounds wants his upcoming execution delayed, saying his weight could lead to a "torturous and lingering death."

Ronald Post shot and killed a hotel clerk in northern Ohio almost 30 years ago.

THE ASSOCIATED PRESS

Disrespectful outburst

EU Parliament member fined

How much does it cost to tell one of the EU's top officials he has "the charisma of a damp rag?" Apparently about 3,000 euros, or close to $4,000 US.

In 2010, Nigel Farage, an anti-European Union member of the EU Parliament, rose following a speech by Herman Van Rompuy, the president of the European Council.

Farage, a Briton, added that the former Belgian prime minister came from "pretty much a non-country."

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Hezbollah leader emerges to spur on protests against U.S.

Anti-Islam video.
Demonstrations at U.S. institutions abroad turn violent

In a rare public appearance, the leader of the militant Hezbollah group exhorted hundreds of thousands of supporters Monday to keep up the campaign against an anti-Islam video that has unleashed deadly violence and anger at the United States across the Muslim world.

Although the massive, well-organized rally in Beirut, Lebanon, was peaceful, protesters in Afghanistan set fires near a U.S. military base, clashed with police in Pakistan, where one demonstrator was killed, and battled with officers outside the U.S. Embassy in Jakarta, Indonesia, the world's most populous Muslim country.

The turmoil surrounding the low-budget video that mocks the Prophet Muhammad showed no sign of ebbing in the week after protesters first swarmed the walls of the U.S. Embassy in Cairo. Four Americans, including the U.S. ambassador to Libya, died amid a demonstration in the eastern Libyan city of Benghazi.

At least 10 protesters have died in the riots, and the targeting of Western diplomatic sites has forced Washington to increase security in several countries. Diplomats at the U.S. Embassy in Beirut destroyed classified material as a security precaution, according to a State Department status report.

The appeal for sustained protests by Sheikh Hassan Nasrallah, the leader of Lebanon's powerful Hezbollah group, could stoke more fury over the video, Innocence of Muslims. Nasrallah has rarely been seen in public since his group battled Israel in a month-long war in 2006, fearing Israeli assassination. Since then, he has communicated with his followers and gives news conference mostly via satellite link.

He spoke for about 15 minutes before a rapturous crowd estimated by police at about 500,000, many with headbands of green and yellow — the colours of Hezbollah — and the words "at your service God's prophet" written on them.

THE ASSOCIATED PRESS

Backlash around the world

- Russia's prosecutor general's office said Monday it will ask the courts to outlaw the Innocence of Muslims film as "extremist and offending believers." The office said it already has urged leading Internet providers to prevent its spread across the web.
- Iran's top leader urged the West Monday to show it respects Muslims by blocking the film, saying Western leaders must prove they are not "accomplices" in a "big crime."
- Authorities in Germany are considering whether to ban the public screening of the film, German Chancellor Angela Merkel said Monday.

A woman smokes a water pipe as she sits in an empty lot with her family in Beirut on Monday, watching Hezbollah supporters march during a rally denouncing an anti-Islam film that has provoked a week of unrest in Muslim countries worldwide. HUSSEIN MALLA/THE ASSOCIATED PRESS

Footage surfaces

Rescue bid documented

Libyans tried to rescue Ambassador Chris Stevens, cheering "God is great" and rushing him to a hospital after they discovered him still clinging to life inside the U.S. Consulate, according to witnesses and a new video that emerged Monday from last week's attack in the city of Benghazi.

The group of Libyans had stumbled across Stevens' seemingly lifeless form inside a dark room and didn't know who he was, only that he was a foreigner, the man who shot the video and two other witnesses said.

The account underlines the confusion that reigned during the assault by protesters and heavily armed gunmen that overwhelmed the consulate in Benghazi last Tuesday night, killing four Americans, including Stevens, who died from smoke inhalation soon after he was found.

THE ASSOCIATED PRESS

Anti-American protests

U.S. diplomats at Beirut embassy destroy documents

Diplomats at the U.S. Embassy in Beirut have started to destroy classified material as a security precaution amid anti-American protests in Lebanon and elsewhere in the Middle East and North Africa.

A State Department status report said the Beirut embassy had "reviewed its emergency procedures and is beginning to destroy classified holdings." It also said that local Lebanese employees were sent home early due to protests by the militant Shiite group Hezbollah over an anti-Muslim film produced in the U.S.

THE ASSOCIATED PRESS

Italy to represent Canada's interests in Tehran

Italy Foreign Minister Giulio Terzi
THE CANADIAN PRESS FILE

Italian Foreign Minister Giulio Terzi says Italy will look after Canadian interests in Iran after Canada shut down its embassy there earlier this month.

Terzi said Monday that Canada, Italy's "important friend and ally," had requested Rome assume protection of Canadian interests there following the Sept. 7 closure of the embassy in Tehran.

Canada also severed diplomatic relations with Iran and ordered Iranian diplomats to leave, branding the Islamic republic as the most significant threat to world peace.

The surprise move reinforced Canada's close ties with Israel, Tehran's arch enemy.

Iran called Canada's embassy closure "hasty and unwise" and said it would react in the near future.

Tehran denies suspicions it is intent on developing nuclear weapons, with Israel especially worried.

Switzerland represents U.S. interests in Iran.

THE ASSOCIATED PRESS

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The new Apple iPhone 5 is displayed on Sept. 12 in San Francisco. ERIC RISBERG/THE ASSOCIATED PRESS

Ringing in a record: 2 million iPhone 5s ordered on first day

In stores Sept. 21.
As demand exceeds initial supply, some devices are scheduled for delivery in October

Orders for the iPhone 5 topped two million in the first 24 hours after Apple started taking them at midnight Pacific time on Friday. That's more than double the number of iPhone 4S orders on its first full day.

The company also says that while most preorders will be delivered on Friday, demand for the iPhone 5 exceeds the initial supply, so some of the devices are scheduled for delivery in October.

The iPhone 5 has a bigger screen — four inches measured diagonally — that allows room for another row of icons, and widescreen movies to fit better. The calendar will now show five days at a time instead of just three. Previous iPhone models carried 3.5-inch screens. The phone is also thinner and weighs less than previous models.

The phone will be available at Apple stores in Canada on Friday, Sept. 21.

Earlier Monday AT&T Inc. said it set a sales record for the iPhone 5, with customers ordering more of them than any previous iPhone model on the first day of orders and over the weekend.

Apple's stock added $7 US to $698.28 in morning trading after rising as high as $699.54 earlier in the session. THE ASSOCIATED PRESS

By the numbers

4

The iPhone 5's screen measures four inches on the diagonal, versus the 3.5-inch screen on previous models.

New mortgage rules lead to drop in national home sales

Home sales declined 5.8 per cent across Canada from July to August, the largest month-over-month decline since June 2010, according to the Canadian Real Estate Association.

Actual sales activity was down almost nine per cent in August over a year earlier, "providing the first clear indication that the recent changes to mortgage regulations aimed at cooling the market are working as intended," said CREA chief economist Gregory Klump Monday.

"The broadly based decline in August sales activity suggests that some buyers may no longer qualify for a mortgage now that amortization periods of high ratio (less than 20 per cent down payment) mortgages have been shortened," he added.

House prices remained relatively stable across the country, posting increases of just 0.3 per cent on a year-over-year basis and the inventory of homes for sale at the end of August climbed slightly to 6.5 months, up from 6.1 months at the end of July.

The seasonally adjusted average price of a Toronto home held steady in August, up 1.5 per cent to $501,058, up from $493,647 in July, according to CREA. Actual prices were up 6.1 per cent in August over the same time last year.

The greater Toronto area saw a 7.7 per cent decline in new listings, leading the way for a 1.7 per cent decline in new listings across the country, which helped keep the national housing market more balanced than it has been at any time in the last two years, according to CREA.

While the average Vancouver house price was down almost seven per cent in August over a year ago to $725,086, it was up about three per cent in August over July when adjusted for seasonal fluctuations.

Sales declines were posted in about two-thirds of all markets representing 80 per cent of national house sales activity including the GTA, Vancouver, Greater Montreal, Calgary, Edmonton and Ottawa.

Some 334,208 homes have changed hands over Canada's MLS system so far this year, an increase of 2.8 per cent compared to the same eight months of 2011. TORSTAR NEWS SERVICE

Quoted

"(The decrease provides) the first clear indication that the recent changes to mortgage regulations aimed at cooling the market are working as intended."

Canadian Real Estate Association chief economist Gregory Klump

Market Minute

Dollar	102.53¢ (-0.44¢)
TSX	12,446.86 (-52.61)
OIL	$96.62 US (-$2.38)
GOLD	$1,770.60 US (-$2.10)

Natural gas: $2.865 US (-7.8¢)
Dow Jones: 13,553.10 (-40.27)

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NO SHAME IN BARING IT ALL

SHE SAYS...
Jessica Napier
metronews.ca

I am not what you'd call an exhibitionist.

I didn't grow up in an underpants-only kind of household. When changing for gym class, I would awkwardly wrestle into my sports bra while still wearing a sweater on top (believe me, this is actually not impossible). To this day, the first thing I will do in an unfurnished apartment is hang curtains.

While I might have a bit of a prudish attitude when it comes to my own public nudity, it takes just the briefest moment of browsing online to realize that there are plenty of women out there who have no problem exposing a little skin.

On any given workday, I've accidentally seen about three or four NSFW photos before I finish my first cup of coffee.

Whether or not these online exhibitionists are doing it for the right reasons (empowering self-expression) or the wrong reasons (desperate attention-seeking from creepy Internet lurkers) is up for debate, but there is certainly no shortage of skin on social media and beyond.

However, not all bare breasts are treated equally.

Last week, the Internet got its collective knickers in a twist after a French tabloid published a revealing five-page spread featuring Kate Middleton sunbathing sans bikini top while on vacation at a private chateau.

Not their fault

To argue that Middleton made a bad choice to go topless or that she "should have known better" is akin to saying that she got what she deserved. The idea that a woman should be publicly shamed for things she chooses to do in private that are then illegally captured by trespassing photographers is insane (hi, Kristen Stewart).

The magazine's editor-in-chief defended the images, claiming they weren't lewd, but a beautiful intimate series of a young couple in love. Of course, this "tasteful montage" argument might be easier to swallow if the photos weren't captured by slimy paparazzi stalking the royals during what should have been a very private moment.

While many people expressed outrage at this extreme violation of privacy, I was horrified to see just how many people took to Twitter and online comment sections to unleash a barrage of hostility towards the duchess for having the audacity to act like a normal 30-year-old woman on vacation with her husband.

Nipples? Gasp!

Kate Middleton GETTY IMAGES

To argue that Middleton made a bad choice to go topless or that she "should have known better" is akin to saying that she got what she deserved. The idea that a woman should be publicly shamed for things she chooses to do in private that are then illegally captured by trespassing photographers is insane (hi, Kristen Stewart).

The violation of Middleton's privacy and the furious responses that followed contribute to the archaic yet persistent notion that as women our bodies, more than anything else, are for display; to be looked at by men, by other women and, evidently, by telescopic lenses emerging from the shrubbery.

Follow Jessica Napier on Twitter @MetroSheSays

These two decades have 22 minutes

JEFF HARPER/METRO

East Coast humour

This Hour Has 22 Minutes marks 20th anniversary

Shaun Majumder and Cathy Jones film a pre-recorded section of This Hour Has 22 Minutes against a green screen at CBC's Bell Road studio in Halifax. The show is celebrating its 20th anniversary, which premieres Tuesday.

For Majumder, striving to "take the piss out of our own culture" will always be an important role for Canadian comedians.

It's what the Gemini Award-winning actor sets out to do each week on the long-running CBC series that jeers Canadian politics and current events.

"We've got a perfect format to continue forever and ever, no matter how many people come in through the cast," said Majumder, who started on the show several years ago as a writer.

Some of the country's most highly acclaimed comedians have called the show home, including Rick Mercer, Colin Mochrie, Greg Thomey and Mary Walsh. METRO

Knee-slapping comedy

Rick Mercer makes for memorable TV

Who can forget the show's long-running Talking to Americans segment, where Rick Mercer set out to expose how little some Americans know about their Canadian neighbours.

Some truly memorable bits included getting Americans to congratulate Canada on legalizing VCRs, or staplers.

Since its inaugural season in 1992, each show has been written and produced within one week at the CBC building on Bell Road in Halifax.

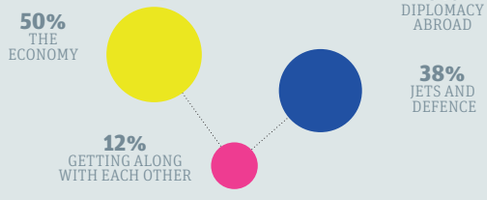
Rick Mercer THE CANADIAN PRESS

Producer Peter McBain said 22 Minutes' East Coast home is important to its perspective on Canadian news. METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What are you most hoping Parliament will focus on during the fall session?



Twitter

@D6MERIT: First 3 tweets I looked at today said something downer about it being Monday.. Why isn't anyone tweeting IT'S MONDAY!!!! #LML

@SChandraHerbert: Vancouver's 'Great White Urinal' is getting a Nordstrom makeover http://soc.li/6n3Hsnd

@patersonjeff: Mean campus cops giving #Canucks players parking tickets during skate at UBC. Don't they know these guys have no income?

@toddnickel: So, have #Canucks fans blamed Luongo for the lock out yet or what. #NHL

@Donya3: Seriously, shout out to the guy wearing his #Canucks jersey on campus. #inthisheat #nolockout

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DVD reviews

The Cabin in the Woods

Director. Drew Goddard

Stars. Kristen Connolly, Chris Hemsworth, Anna Hutchison

●●●●○

To say The Cabin in the Woods isn't your average horror movie is like observing that King Kong isn't your average ape. Even when major plot twists are revealed — as the trailers do — there are so many others left, you have no reason to scream "spoiler!" That said, you don't want to know too much in advance about this feature directing debut of Cloverfield writer Drew Goddard. He shares screenwriting credits with fellow genre subverter Joss Whedon. Better you should be as naïve as are most of our five cabin-bound college kids, one of them played by a pre-Thor Chris Hemsworth. The film's internal logic may not stand up to close scrutiny, but the intent behind it is rock solid: a horror show that would have impressed even the ancient Greeks, both their warriors and their philosophers.

PETER HOWELL

Ode to TV: The shows that inspired the stars

Emmy Awards. Nominees share their memories of television classics and wanting to become a Huxtable

Nicole Kidman. THE ASSOCIATED PRESS

Long before Kevin Costner, Bryan Cranston, Christina Hendricks and Nicole Kidman were Emmy nominees, they were kids who loved watching TV.

"I liked Man from Uncle and High Chaparral," Costner said.

"I really, really liked that when I was a kid."

"I remember the transition from black-and-white to colour," continued Costner, who is nominated as both star and producer of the TV movie Hatfields & McCoys.

"It's like one by one the televisions in my neighbourhood became colour TVs and we would all go look at each other's colour TVs and ooh and aah at Bonanza. I'm kind of glad I saw it all, in a way. I remember the TV would shut off at 11 and just play the national anthem all night long."

Cranston, who is nominated for his role on Breaking Bad — which won him the Emmy Award three years in a row, grew up on The Andy Griffith Show. "I love the character of Barney: Classic comic character of the absolute confident man with no ability whatsoever. Always funny. The calm and comforting tones of Andy Griffith, who we lost recently," the actor said.

"I think there was just something very sweet and comforting about watching that show, and the simplicity of the lifestyle and a days-gone-by kind of thing."

Hendricks, nominated for the third consecutive time for her supporting role in Mad Men, said her all-time favourites were MASH and Northern Exposure.

"Both of them had a sense of real community and camaraderie among the cast, a sense of friendship in this world that I remember responding to," she said.

Mayim Bialik of The Big Bang Theory was also a Northern Exposure fan.

"They had every kind of possible character," said the actress, who remembered watching the show while starring on Blossom. "I would have loved to be anything on Northern Exposure, but mostly Rob Morrow's love interest. That would have been my choice."

Kidman, a first-time Emmy nominee for her lead role in the TV movie Hemingway & Gellhorn, said she was raised on The Brady Bunch and Bewitched.

"Growing up in Australia, the mini series was such a big, big thing. It was something that launched my career because I did mini series in Australia," she said. "I did a thing called Bangkok Hilton and one called Vietnam, which was on the Vietnam War in the '60s and was a hugely rated show.

"That was my big break, really, as an actor."

Sarah Paulson, nominated for her supporting work in the TV movie Game Change, loved Who's the Boss? "Angela and Tony were who I wanted to be when I grew up. I wanted to have that relationship," she said. "I watched a lot of television growing up and they were like my surrogate parents. Angela and Tony. I loved 'em."

Jesse Tyler Ferguson, Maya Rudolph and Zooey Deschanel were all fans of The Cosby Show. Ferguson and Rudolph even dreamed of joining the family.

"It felt very familiar," the Modern Family actor said, "and I wanted desperately to be a part of that family."

Rudolph, nominated for hosting Saturday Night Live, said if she were to join the show, "I would have to be a fictional cousin, because I don't think they needed any more children. I don't think the Huxtables needed any more children. But, listen, if Denise needed a best friend to go shopping with, that's who I would be."

THE ASSOCIATED PRESS

The Emmy Awards

The Primetime Emmy Awards will be presented on Sept. 23 at the Nokia Theatre and broadcast live on ABC.

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On the web

Qriket

Keira Knightley to Vogue: I had no life besides acting.

Bob Crawford carves out his feelings with latest album: The Carpenter

Seeking solace. As Avett Brothers bassist watched his daughter fight brain cancer, he brought his strong emotions to music

After a difficult year, the Avett Brothers are back to focusing on music with a new album and fall tour. MARK HUMPHREY/THE ASSOCIATED PRESS

When things were at their worst, music was a refuge for Avett Brothers bassist Bob Crawford.

Crawford has spent much of the last year caring for his daughter, Hallie, who is fighting brain cancer at the ever-so-tender age of 2. He was off the road and away from his band, travelling to and from St. Jude Children's Research Hospital in Memphis, Tenn., from their home in North Carolina.

Between the scans and the doctor's evaluations and the omnipresent worry, Crawford would sometimes slip away for a few minutes and pick up a fiddle.

"Just spending a half hour in a little room messing around on that thing (has) been some of my most relaxing moments over the past year," Crawford said.

"This whole affair has kind of put music back where it needs to be in my life and my heart."

Hallie has improved enough for Crawford to rejoin the North Carolina roots rockers as they release their new album, The Carpenter, and launch a fall tour. His daughter still has a long way to go, but she's doing well enough that he feels comfortable leaving her.

On the day of his interview, he had just wrapped up a wagon ride down the road with his daughter. Precious time.

"It is always a great thing. Always," Crawford said in a phone interview.

"I tell you, you love your kids immediately as soon as they're born and you can't imagine a greater love than what you share for them. Then something happens or someone gets seriously ill, it heightens all the emotions and the joys get more joyful and the fears and sadness are even more stressful."

The Rick Rubin-produced The Carpenter examines that full spectrum of emotions. Already known as a band with its heart on its sleeve — the group's breakthrough albums were titled Emotionalism and I And Love And You, after all — they dig deeper than ever on an album that's at turns sombre, achingly beautiful and fully aware of the perils of life.

Rubin thinks the trio, who rose to a new level of prominence after appearing with Bob Dylan and Mumford & Sons on the 2011 Grammy Awards, has learned to cut to the bone with its songwriting.

"Sometimes it's with sadness but sometimes it's with beauty, but either way it feels like you're getting in to see somebody in an intimate, vulnerable moment," Rubin said.

THE ASSOCIATED PRESS

New album

- **The Carpenter.** Is the Avett Brothers sixth LP. It was released Sept. 11.

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Chris Brown

‘Warning: Do not buy this album! ...’

Chris Brown may have trouble moving copies of his new album, Fortune, thanks to one record store chain’s interesting warnings.

At London locations of HMV, copies of Brown’s CDs have reportedly been affixed stickers that read, “Warning: Do not buy this album! This man beats women,” according to Hollyscoop.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Even millionaires get the blues

THE WORD
Dorothy Robinson
scene@metronews.ca

Life is so hard for millionaire Miley Cyrus.

The starlet got a bit mopey the other night with a series of introspective (stoned?) posts to Twitter, causing fans to worry about her happiness.

“Ever feel like you want just … something more? Not sure what exactly. Passion perhaps?” she tweeted.

“Sometimes I feel like I love everyone more than they love me. Hate that feeling. Maybe it’s not that they love you less. They just love you the most they are capable of loving.” But Cyrus was quick to clear up any confusion over the state of her engagement to Liam Hemsworth, posting, “No, there is not trouble in paradise.”

Anyone else read this and picture Miley writing this while gazing wistfully out the window while a lone tear streaks down her face, coming to rest on her $1,000 intentionally distressed Marc Jacobs sweater?

Minaj, Urban join Mariah Carey as Idol judges

The new lineup for the 12th season of American Idol is in place, with singers Nicki Minaj and Keith Urban joining already hired Mariah Carey.

And original judge Randy Jackson — the only holdover from last season — will keep his spot on the panel.

The news was announced on the reality show’s Twitter account.

Urban had quit his gig as a judge on the Australian version of The Voice last week, prompting speculation that he had in fact signed on for “Idol.”

There’s no word yet on what Minaj and Urban will be making, but chances are it won’t be as much as Carey, who earns a reported $16 million for one season of the show.

Twitter

@SandraBernhard
the #x-factor watched it standing up just long enough to catch the tiny beiber look alike get much love from #britneyspears heart wrenching

@ParisHilton
Life only comes around once. So do whatever makes you happy & be with whoever makes you smile.

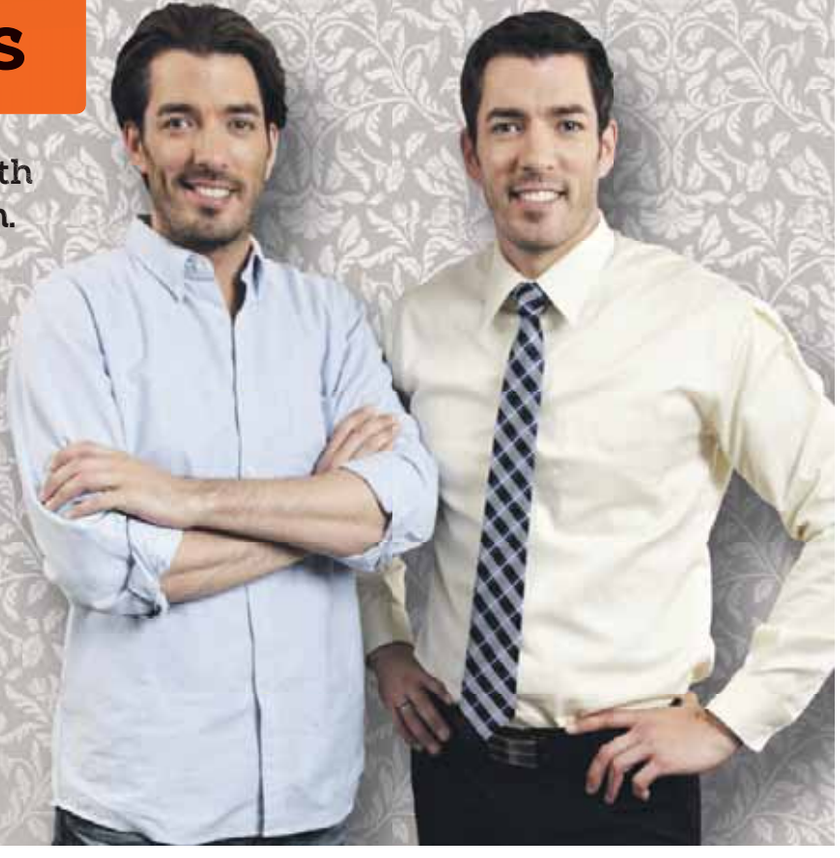
@JonahHill
Listening to Necro for the first time since high school while pulling an all Nighter on Wolf Of Wall Street. Starting to get loopy.

@SethMacFarlane
You kids don’t remember, but once there were sitcoms about something other than gay guys.

Property Brothers

See dumps turn into dream homes with a little magic from Drew and Jonathan.

New Episode Tonight at 8 pm



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BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Want to keep your body burning fat and calories all day long? In the October issue of Best Health magazine, on newsstands now, regular contributor Dr. Susan Biali offers 10 strategies for boosting metabolism. Here are four of them.

1. Enjoy coffee or green tea.
Your morning cup of joe gives your calorie burn a boost for up to two hours. Green tea is a powerful metabolism stimulator, too; drinking it frequently can help to accelerate weight loss.

2. Get enough sleep.
Less than seven hours of sleep a night messes with metabolism-regulating hormones. If you're sleep-deprived, you process carbs less efficiently, and that increases your risk of obesity.

3. Eat more protein.
A 2012 study found that people who ate more protein had a higher resting metabolic rate. Women often don't get enough, so have some lean protein such as fish, chicken or eggs.

4. Add chili peppers.
Capsaicin in chili peppers stimulates your nervous system and improves your metabolism after meals. Adding chili to foods also curbs your appetite, so you'll eat less. These benefits are maximized if chilies are eaten regularly, so find ways to spice up your life.

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Bust that BBQ bulge with these workouts

Summer is over. It's time to work off those extra steaks that you and friends chowed down on during the sunny months

MEREDITH ENGEL
Metro World News

Summer is over so it's time to get rid of that BBQ bulge. ISTOCK PHOTOS

As summer winds down, you're likely done trying to get your bikini body or Phelps-like abs. But that doesn't mean you should go hide in sweats for the next nine months. We enlisted Adam Rosante, celeb fitness trainer and founder of The People's Bootcamp, which offers pay-what-you-can classes in New York, to give us some moves to get you fit for fall.

Why these specific exercises? "(These) exercises target almost every single muscle in the body," Rosante says.

Perform each exercise for 40 seconds with 10 seconds of rest between each move. After you've completed all of them, that's one cycle. Rest for 60 seconds, then repeat. Perform the cycle three times. Be sure to keep your core tight throughout.

Warm-up

Stay away from the long stretches, Rosante says.

"To just jump right into a long, static stretch is a good way to tear the muscle or fatigue it to a point where you then injure yourself during the workout. You just want to move around and really get the blood flowing. It creates pliability and elasticity in the muscles. Then afterwards, you get into that static, long stretch cool down. That will elongate those muscles and help prevent them from tightening up and becoming short and constricted, so you get a nice long, lean body."

What counts as a good warm-up? Jogging in place for 20 seconds, 20 to 30 seconds of jumping jacks and some torso twists.

"Anything you can do to get your body moving in a functional way," he says.

Power thrusts

Stand with feet hip-width apart. Squat until thighs are almost parallel to the floor, then place your hands on the floor in front of you. Kick your feet back to a push-up position. Immediately return your feet to the squat position and jump straight up as high as you can, reaching the fingertips up and bringing the knees to the chest. Land with soft knees and immediately drop back into a squat. Continue the sequence for 40 seconds.

Push-outs

Start in a push-up position with hands directly below your shoulders. Perform a push-up. At the top of the motion, lift the left hand up and bring it out about a foot to the left on the ground. Perform another push-up with staggered hands. At the top of the motion, explode the left hand back to normal push-up position. Do another push-up. Repeat the move with the right hand. Continue, alternating for 40 seconds.

Scissor switches

Stand with your right foot forward and left foot back. Keeping your torso upright, lower yourself into a lunge until your left knee is bent and your right thigh is parallel to the ground. Jump up and scissor your legs mid-air to land down with soft knees in a lunge with your left foot forward and your right leg back. Continue alternating for 40 seconds.

Power kicks

Stand with your feet hip-width apart. Bring your fists up just below your chin. Now, open up the chest and pull the shoulders down the back. Alternate waist-high front kicks, springing softly from foot to foot so you're never on more than one foot at a time. Continue alternating for 40 seconds.

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On the web

Qrikit

Salt-high blood pressure link may be stronger in overweight kids, U.S. government study suggests

Final bite of summer flavour

This recipe serves four. RYAN SZULC, FROM REISMAN'S FAMILY FAVOURITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

This is the salad to make when corn is at its ripest.

I always look for small white and yellow kernels on cobs that have been picked that day if possible.

You'll have to go to a local farmers' market. It's well worth the trip.

If you want to make this salad year round, buy canned or frozen corn niblets and sauté about 2 cups in a skillet just until browned.

1. Lightly coat a grill pan with cooking spray and set over medium-high heat, or heat your barbecue to medium-high heat. Grill corncobs about 5 minutes, or until corn begins to brown. Using a sharp knife, slice the niblets off of the cobs and place in a bowl.

2. Add red onion, roasted red pepper and basil to corn and stir to combine.

3. To prepare dressing, whisk olive oil, cider vinegar, jalapeño, garlic, salt and pepper. Pour dressing over salad and toss to combine. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN**

Nutritional analysis

Per serving

159 calories; 4 g protein; 17 g carbohydrates; 2.9 g fibre; 9 g fat; 1 g saturated fat; 0 mg cholesterol; 168 mg sodium

Ingredients

Salad
- 3 fresh cobs of corn
- 1/2 cup diced red onion
- 1/2 cup diced roasted red pepper
- 1/2 cup chopped fresh basil

Dressing
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 1/2 tsp finely chopped jalapeño pepper
- 1 tsp finely chopped garlic
- pinch of salt and pepper

Health Solutions

Better ways to sweeten up

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Our bodies are not meant to process the intense sweetness of processed sugar. They are made to pull out the natural sugars that come along with other nutrients like the minerals in fruit and the fibre in whole grains.

If we remove the minerals and fibre, the pancreas goes into overdrive and chugs out more insulin than the body knows what to do with. What you really want to do is reduce the amount of sugar in your diet overall.

Then you want to change the type of sweetening to be sure that if you are eating it, it at least offers some other benefit.

Here are the better ways to sweeten up.

- Unpasteurized honey has antimicrobial and antibacterial qualities that have been shown to soothe coughs and sore throats.
- Pure maple syrup (not artificially flavoured brands) contains trace minerals.
- Stevia is a no-calorie sweetener derived from an herb.

The trick is to train your taste buds to need less and less over time. Along the way, try choose something that offers even a little bit more than sweetness.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Single? It may be unhealthy for you

Study. Researchers in Sweden find that single men are least likely to believe they could influence their own health

CELIA MILNE
For Metro

Ever noticed single men don't seem to care about their health? It's not your imagination.

A large study in Sweden has found that men who don't live with a mate are less likely to believe they can influence their own health. As a group, they are less motivated than others.

Researchers studied 28,198 men and women between the ages of 18 and 80 to find out whether they possessed a social factor called "internal health locus of control" which essentially means a belief that your behaviour influences your health. They found 33.7 per cent of the men and 31.8 per cent of the women lacked internal health locus of control.

Single men living alone were the least likely to believe they could influence their own health through things like eating a healthy diet, exercising regularly, not smoking and keeping alcohol consumption under control. Men and women who were widows also scored fairly low on the tests.

Yet these healthy behaviours are known to help prevent cardiovascular disease, diabetes and some forms of cancer.

"Marital status affects health locus of control," says Martin Lindström, a professor of social medicine at Lund University in Malmö, Sweden.

He believes this finding is important for policy makers as they design messages to promote healthy behaviour.

While the study was conducted in a Swedish population, it may be applicable to Canada.

"Health promotion should particularly consider some marital status groups," he added.

OK there Columbo, you know smoking is bad for you, right? ISTOCK

Advice

Elevator etiquette

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

When in an elevator at the office or home, have you ever pushed the 'close the door' button while someone was coming toward you, or do you always hold the elevator door open for them?

This elevator sign should include the words 'No cellphones.' ISTOCK

If truth were told, of course I have pushed the 'close the door' button in the past, but I actually make an effort to hold the door for people, as I am always appreciative when others do that for me. The few times I have pushed the 'close the door' button is when someone is very far away down the hallway and I'm running late for a meeting. But while we are on the topic of elevators, here are a few of my own pet peeves.

1. People who talk on their cellphone while in the elevator

2. Not stepping out of the way, or even out of the elevator, when others are trying to get out.

3. Parents who allow their kids to push all of the buttons thus forcing the elevator to stop at each floor.

4. Jumping the line to enter the elevator when people are waiting.

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Private information

Hacked! Learn some anti-fraud practices

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

While on a fabulous European vacation last week, my social media accounts were hacked.

The fraudster used a free 'secure' Wi-Fi zone at my hotel to pry into my private information.

Unfortunately, hundreds of fake emails and direct messages were sent out under my name and my business VISA account was compromised before I became aware of the issue.

I always take careful precautions to protect my private information, but I've learned from this experience that I need to step up my anti-fraud efforts.

Hands down, the best way to protect against fraud is to prevent it from happening in the first place using common sense and adopting some anti-fraud best practices.

Use secured wireless networks when you access the Internet. I could have potentially prevented my fraud experience by avoiding signing into my accounts while on an unfamiliar server.

I also made the mistake of not logging off my accounts immediately when I was finished.

When I reported my fraud, the very first thing I had to do was reset my passwords and make them more complex.

As a best practice, change your passwords regularly (every few months).

Ensure the password is difficult for fraudsters to guess and contains a combination of numbers and letter.

When surfing the Internet or social networking sites, limit the amount of information you disclose.

Whether through email or on the phone, never give out your address, phone number or banking information to an unfamiliar source.

Filter out bogus emails and phone calls. If you receive unsolicited email requests for information or even to click on an unfamiliar link, verify the message and sender using a third party unrelated to the message.

If you don't recognize a phone number, don't pick it up. Legitimate people will leave a message.

When shopping online, ensure payment websites are secure.

If you're not sure it is, call the company that makes the product directly and talk to customer service manager.

Ensure your computer's operating system is fully updated and that you have a robust security system that blocks pop-ups and includes a personal firewall, anti-spam, anti-virus and anti-spyware.

Last, check your credit score at least once a year to see that there are no errors or items you don't recognize.

If you discover a problem, contact the credit bureau immediately and bring in law enforcement if you believe you've been defrauded.

Follow Lesley on Twitter @LesleyScorgie

Get ahead this holiday season by planning ahead

Alison's Money Rule.
Plan now to break habit of overspending during Christmas

YOUR MONEY
Alison Griffiths
money@metronews.ca

Good news! The Canadian Payroll Association's annual survey found that fewer of us would be in financial difficulty this year if a pay cheque was delayed — 57 per cent compared to 47 per cent in 2011.

Now for the bad news! The fact that nearly half of all Canadians would still face severe problems, coupled with record family debt loads spells trouble. It means that any financial emergencies (and life does throw them at us) would have to be paid through greater debt.

The vicious cycle of debt can be broken. But in order to get ahead you have to plan ahead.

Take the holiday season, for example. Canadians spend about $600 to $800 on gifts and that much again on food, decorating and entertaining. Surveys show that Canadians want to spend less but lack of planning and last minute shopping keep tipping us over budget.

There are 14 weeks until Christmas. You'll cut your holiday spending drastically if you create a plan.

The vicious cycle of debt can be broken if you take the time to plan ahead.
ISTOCK IMAGES

1. Go light on the list
Do your holiday list right now and slash it by half, at least. Cards, letters and phone calls are a wonderful substitute.

2. Re-gift
Ten per cent of Canadians give presents they know that the recipient won't like. Go through your house and see what you can find. Also, create a re-gift box and add to it throughout the rest of the year.

3. Use points
Cash in loyalty points for movie coupons or gift certificates.

4. No gift zones
Extended family members might be happy not to get a present if they don't have to give one. Also have your kids make cards for teachers, coaches, tutors, etc. They'll appreciate the effort more than a drugstore soap set.

5. Go with gift baskets
Plan them now and add items during sales. It is actually very enjoyable if you aren't stressed and doing it last minute. Three years ago a beloved dog died and a friend dropped off a basket with winter greenery, homemade jam and a couple of biscuits to cheer up our other dog. Perfect.

In numbers

30%

Thirty per cent of Canadians do most of their holiday shopping in the 10 days before Christmas.

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Future uncertain for locked-out free agents

NHL. Work stoppage puts careers on hold and deters deals for unrestricted players

Two-and-a-half months after becoming an unrestricted free agent, Kenndal McArdle is still waiting for the phone to ring.

And with the NHL in a lockout, it's unlikely he'll be getting contract offers any time soon.

The long wait "is something that can be frustrating, because the unrestricted free agent market is a lot smaller this summer because of the lockout," said McArdle, a 25-year-old Toronto native who grew up in Burnaby.

"There's more worrying and more uncertainty in your life. For a lot of us, hockey is our livelihood, and the uncertainty increases the amount of stress in your life. So it's been a long summer, to say the least."

McArdle is among a large group of unsigned players, young and old alike, who are waiting for the next collective bargaining agreement to determine where they will play.

Theoretically, McArdle and his contemporaries have time on their side and should be able to rebound from the lockout's impact on their careers — but the older players do not.

McArdle spent 2011-12 with the Winnipeg Jets organization, suiting up for nine NHL games. Once considered a can't-miss kid, the winger is concerned the lockout will enable a new group of prospects to make their marks in the minors and threaten his job security.

"It gives the young guys, or the guys that are coming up, another year to mature, another year to get ready, especially with the guys who will continue to play in the American Hockey League," said McArdle. "It can help them to propel themselves up to the next level."

McArdle's agent Kevin Epp predicts there will be a "big rush" of signings once a new collective agreement is reached.

Clubs that are close to the old cap have delayed signings until the new financial framework is set. Consequently, many players and agents are in wait-and-see mode.

"It's funny when you talk to (players), because they only know what we tell them — and we don't know a lot if nobody (at the CBA negotiating table) is doing anything," Epp said. "It's just (respecting) what history has shown us, and (understanding) how we have to be patient." THE CANADIAN PRESS

Former Canadiens players Mathieu Darche, left, and Steve Begin arrive for an informal training session at the Habs' practice facility on Monday in Brossard, Que. GRAHAM HUGHES/THE CANADIAN PRESS

Quoted

"The current (unrestricted free agents) are in limbo because the first wave was signed and now everybody's waiting to see what the cap number will be."

Agent J.P. Barry

NHL

Habs players lead major exodus to minor league

The Montreal Canadiens have assigned 21 players, including forwards Blake Geoffrion and Louis Leblanc, to the American Hockey League's Hamilton Bulldogs.

The move comes after the NHL locked out its players on Saturday.

The Canadiens also assigned forwards Alexander Avtsin, Alain Berger, Michael Blunden, Michael Bournival, Gabriel Dumont, Brendan Gallagher, Patrick Holland, Philippe Lefebvre, Joonas Nattinen, Steven Quailer and Ian Schultz.

Defencemen Nathan Beaulieu, Morgan Ellis, Brendon Nash, Greg Pateryn, Joe Stejskal and Jarred Tinordi and goaltenders Peter Delmas and Robert Mayer will also suit up for Hamilton.

All the players assigned are on two-way, entry-level contracts. THE CANADIAN PRESS

MLB. Jays looking into reported homophobic slur on Escobar's eye-black

The Toronto Blue Jays say they're looking into reports that shortstop Yunel Escobar played Saturday's game against Boston with a homophobic slur written in Spanish under his eyes.

Several pictures posted online show Escobar with the message written in his eye-black, a type of sticker players wear under their eyes to reduce the sun's glare.

The words under the 29-year-old Cuban's eyes were "TU ERE MARICON," which can be translated as "You are a f—t."

"The Toronto Blue Jays do not support discrimination of any kind nor condone the message displayed by Yunel Escobar during Saturday's game," the team said in a statement.

"The club takes this situation seriously and is investigating the matter." THE CANADIAN PRESS

Jays shortstop Yunel Escobar at Rogers Centre on Saturday. GETTY IMAGES FILE

NHL

Wild get creative to keep ticket holders on board

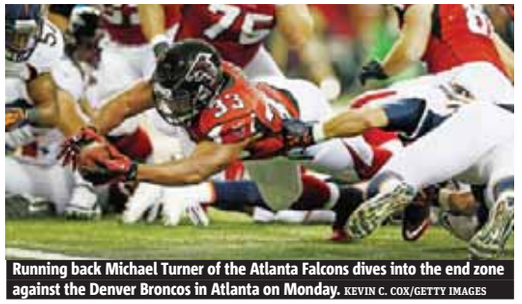
The Minnesota Wild are offering season ticket holders 10 per cent interest in return if they keep their accounts paid in full during the NHL lockout and don't request a refund.

The Wild announced Monday they'll credit those season ticket holders for any cancelled games, plus 10 per cent interest on the dollar value of tickets for the lost games. That can be applied toward future games or subsequent season renewals. Credit will be issued when a new collective bargaining agreement is reached between the owners and players. THE ASSOCIATED PRESS

NFL. Falcons capitalize on error-prone Manning

Matt Ryan threw his 100th career touchdown pass, Roddy White had 102 yards receiving and the Atlanta Falcons defeated the Denver Broncos and error-prone quarterback Peyton Manning 27-21 on Monday night.

The Falcons (2-0) took advantage of three interceptions by Manning in the first quarter and raced to a 20-0 lead. Willis McGahee scored on two two-yard touchdown runs in the fourth quarter to give the Broncos (1-1) hope but it wasn't enough to make up for Manning's awful start. The only other time he's been intercepted three times in the opening quarter was with the Colts in a 2007 game at San Diego. THE ASSOCIATED PRESS



Running back Michael Turner of the Atlanta Falcons dives into the end zone against the Denver Broncos in Atlanta on Monday. KEVIN C. COX/GETTY IMAGES

4 SPORTS

Mobile sports

Qriket

Questionable calls by replacement officials in Week 2 are not sitting well with players and coaches around the NFL. Some are fuming and others wonder if the league is concerned about the integrity of the game.

New definition of outstanding in CFL?

Chad Owens has put himself in the CFL most-outstanding-player conversation with a monster season so far. JONATHAN HAYWARD/THE CANADIAN PRESS FILE

Awards. Argo Owens and Ticat Williams taking attention away from top quarterbacks with season in full swing

Chris Williams of the Hamilton Tiger-Cats and Toronto Argonauts star Chad Owens are making a serious run at bucking CFL tradition.

Since 1980, quarterbacks have captured the league's outstanding-player award a whopping 23 times. And even this year, Montreal's Anthony Calvillo — a three-time winner and the CFL's leading passer — and Hamilton's Henry Burris — who has a league-best 27 TD passes and is second overall in passing — are certainly in the mix again for the CFL's top individual honour.

But through nearly two-thirds of the CFL regular season, it's Williams and Owens who've emerged as top candidates.

Williams not only leads the league in TDs (12) but has scored a record six on kick returns. He's also tops in punt returns and missed field-goal returns while standing third in receiving. The five-foot-nine, 155-pound dynamo, and the CFL's top rookie last year, has been an electrifying player in 2012, someone who makes opposing coaches and players as well as fans collectively hold their breath every time he touches the ball.

Owens has also been impressive, standing first in kickoff returns and second in punt returns and receiving. He's amassed 2,695 all-purpose yards and is on pace to obliterate the league record of 3,840 set in 1990 by former Argos star player and coach Mike (Pinball) Clemons when he was named the CFL's top player.

And when Owens surpasses the 3,000-yard mark, he'll become the first player in pro-football history to do so three straight seasons.

Here's a look at other contenders for the CFL's individual honours:

Outstanding player:

B.C. quarterback Travis Lulay won last year's award and has helped stake the defending Grey Cup champions to a league-best 8-3 record. He's fourth overall in passing with 3,040 yards but is the West Division's leader.

Another contender is Calgary slotback Nik Lewis, who is fourth overall with 68 catches for 882 yards and seven TDs.

Outstanding Canadian:

This is Stampeders tailback Jon Cornish's award to lose. The 27-year-old is looking to become just the fourth Canadian to lead the CFL in rushing and first since 1988 when former Simon Fraser star Orville Lee ran for 1,075 yards as a rookie with the Ottawa Rough Riders.

Outstanding lineman:

He was the West Division finalist last year and B.C. Lions tackle Jovan Olafioye hasn't done anything to show he shouldn't be considered again. The six-foot-six, 325-pound Olafioye has helped a Lions line that's allowed a league-low 13 sacks despite injuries to key veterans.

Stampeder Jon Cornish has the outstanding Canadian award on lockdown at this point in the season. THE CANADIAN PRESS FILE

Outstanding special-teams player:

This is Ticat Chris Williams' award to lose. He's averaging over 16 yards per punt return — which would be a CFL record if he maintained that mark — to go with five punt return TDs.

Calgary's Larry Taylor, like Williams a triple threat on special teams, would've been a contender in the West, but he's likely finished due to injury.

Outstanding defensive player:

Edmonton's J.C. Sherritt is the front-runner for this honour. The sophomore linebacker has been dominant with a league-leading 93 tackles, 29 more than his closest rival. At this pace, he'll easily break Calvin Tiggle's CFL record of 129. Sherritt has three forced fumbles and two sacks.

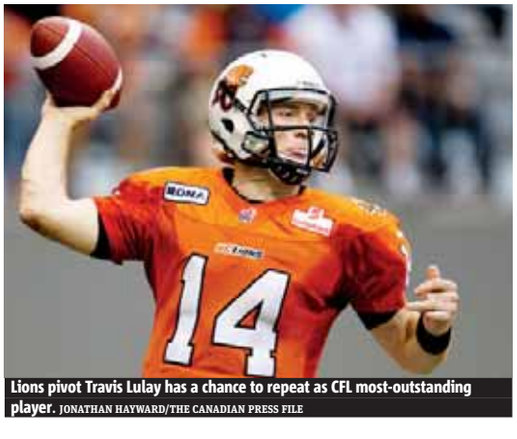
Lions linebacker Adam Bighill (61 tackles) has also been solid while Eskimos defender Joe Burnett has returned two of his league-high five interceptions for TDs.

Outstanding rookie:

Chris Matthews has been one of the few bright spots for struggling Winnipeg (2-9). The six-foot-five, 229-pound receiver has 51 catches for 749 yards and five touchdowns.

First-overall pick Ben Heenan opened the season starting for Saskatchewan but is now a backup.

THE CANADIAN PRESS



Lions pivot Travis Lulay has a chance to repeat as CFL most-outstanding player. JONATHAN HAYWARD/THE CANADIAN PRESS FILE

LOOKS LIKE ANDY LIANTO'S CELEBRATION OF LIGHT WILL BE LONGER THAN MOST.

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HONDA

Horoscopes

♈ Aries
March 21 - April 20
The only worry now is that so many things are going well for you that you take too much for granted and end up making some kind of silly mistake. Watch out for little things that might trip you up.

♉ Taurus
April 21 - May 21
Act quickly if you have a good idea or see an opening that others appear to have missed. Pluto's positive influence means it's OK to be forceful when dealing with others, as long as you have a specific goal.

♊ Gemini
May 22 - June 21
The current cosmic set-up will make it easy for you to find extra cash if you need it, but you've still got to make an effort. Yes, you might win the lottery but be reasonable, the chances are slim.

♋ Cancer
June 22 - July 23
The planets indicate that whatever has gone out of your life over the past few months will be replaced by something infinitely better over the next few weeks. Think positive and positive things are sure to happen.

♌ Leo
July 24 - Aug. 23
Steer clear of people who display negative attitudes, even if they are people to whom you are close emotionally. You have important things to take care of today, things that make a positive outlook a must.

♍ Virgo
Aug. 24 - Sept. 23
With Pluto, planet of passion, turning direct in the area of your chart that governs affairs of the heart, this is the ideal time to let that special person know how you feel about them. Don't just say it — show it.

♎ Libra
Sept. 24 - Oct. 23
Whatever happens today, be it good, bad or indifferent, you will handle it with courage and confidence. This is an especially good time to make decisions about family issues. Let your intuition guide your actions.

♏ Scorpio
Oct. 24 - Nov. 22
No matter how well you think you are doing, you should be doing even better. Set your sights high and don't rest until you have realized your dream. You can't just sit back and let life come to you.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be tempted to take drastic measures to put right a financial issue that has been worrying you — and that's exactly what you should do. You have more to gain than you have to lose.

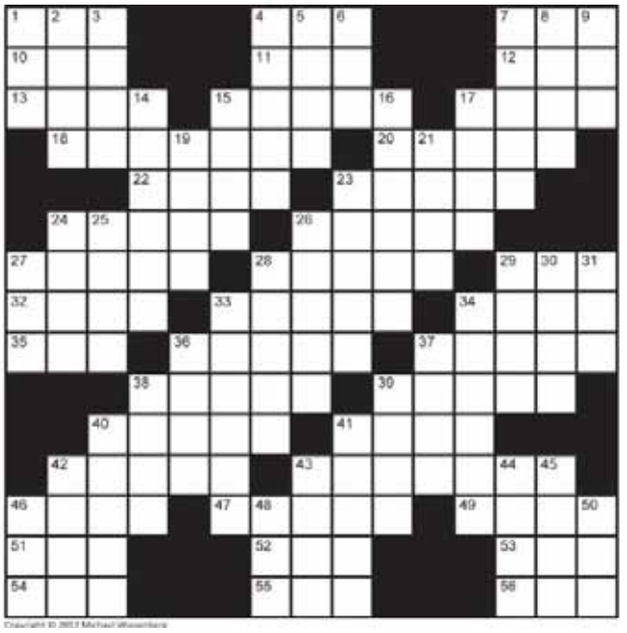
♑ Capricorn
Dec. 22 - Jan. 20
Don't waste your precious time seeking other people's approval, just get on and do what needs to be done. Not everyone will agree with your aims, and fewer still with your tactics, but why do you care?

♒ Aquarius
Jan. 21 - Feb. 19
As much as possible, try to convince others to go along with your plans rather than force them to do as you say. Just because you have the power to order people about does not mean you have to use it.

♓ Pisces
Feb. 20 - March 20
You will perform miracles today. No matter how difficult the task you are faced with, you will find a way to make a success of it. Friends and rivals alike will praise you for a job well done. SALLY BROMPTON

Crossword: A Few PMs

BY MICHAEL WIESENBERG



Across
1. Likely
4. CBS forensic drama
7. Canadian pols
10. Cow sound
11. Ad ___ committee
12. Evolutionary time period
13. Vassal
15. PM St. Laurent
17. Pack away
18. ___ Canadian (beer)
20. Scarborough, Ontario-born Austin Powers player Mike
22. "I should be sleeping like ___": line from "A Hard Day's Night" (2 wds.)
23. Portion
24. Sys ___: computer department VIP
26. ___ once: suddenly (2 wds.)
27. Towelled off
28. Secret agents
29. Obsolete TV program saver, for short
32. Some August babies
33. Gives a darn
34. Will beneficiary
35. Bond creator Fleming
36. Had the courage to try
37. Tosses
38. Pop trio brothers
39. Liberal or Conservative ___
40. ___ and the whale
41. Pile
42. Got in shape, with "up"
43. R.B. ___: 11th Prime Minister, who moved to Calgary in 1897, which became his political base
46. BMW subcompact model taken over from Rover in 2000
47. Years and years
49. Toronto-based "Tom Sawyer" group
51. "___ Maria"
52. "I got an ___ the test": "I aced it" (2 wds.)
53. Scottish "no"
54. Windows 7 or Mac OS X: acronym
55. Can. neighbour
56. Elbow's locale

Down
1. Morning times, for short
2. Bard's creation
3. Matador's opponent
4. Cheech's Edmonton-born partner
5. Under: Fr.
6. Here: Fr.
7. 39.37 inches
8. Amateurs' opposites
9. Observed
14. Calgary team
15. Bird that gives its name to the $1 coin
16. Happy expressions
17. Hutterites or Mennonites
19. Skidded
21. Affirmations
23. Carried on, as a trade
24. Field
25. Edmonton-born Maple Leaf Phaneuf
26. After: Fr.
27. 551 on a monument
28. NS-born singer McLachlan
29. Bulletproof garment
30. Québec ___
31. Monopoly has 4: abbr.
33. "O" follower
34. 22nd PM, whose riding also is in Calgary
36. Finished
37. James ___: TV's *Las Vegas* star
38. ___ Mitchell: Fort Macleod, Alberta-born writer of Crosby, Stills, Nash & Young hit "Woodstock"
39. Writes
40. James Earl or Tommy Lee
41. Auburn dye
42. DVR pioneer
43. Heckles
44. Albacore in a can
45. Russian leader before 1917
46. Angry
48. ___ de Cologne
50. Bottom seam

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	7	9	5		1			2
	5	3						1
2			9					
3	9				4			
	8	5				1	6	
			7				9	4
					3			5
5						6	4	
7			1		9	8	2	

Yesterday's Sudoku

Today 21°/14° Sunny
Wednesday 21°/14° Sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
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4 Piece Silver Mist Appliance Package

Package Includes:
- 18 Cu Ft Top Mount Fridge $599.00
- 30" Coil Top Electric Range $599.00
- 30" Over The Range Micro / Range Hood Combo $329.00
- 24" Built In Tall Tub Dishwasher $399.00

Purchased Seperately $1926.00

PACKAGE PRICE **$1599.99**

*Limited Quantities Only

White-Westinghouse
3 Piece While Appliance Package

Package Includes:
- 18 Cu Ft Top Mount Fridge $429.00
- 30" Coil Top Electric Range $329.00
- 24" Built In Tall Tub Dishwasher $249.00

Purchased Seperately $1007.00

PACKAGE PRICE **$899.99**

3 Piece Stainless Steel Kitchen Package

Package Includes:
- 20 Cu Ft Top Mount Fridge $899.00
- 30" Gas Range w/ Convection Oven $1099.00
- 24" Built In Dishwasher w/ Stainless In & Out $699.00

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FRIGIDAIRE Danby

CHEST FREEZERS FROM ONLY **$199.99**

UPRIGHT FREEZERS FROM ONLY **$299.99**

22 Cu Ft French Door Refrigerator SAMSUNG

30" Wide

BLACK OR WHITE MSRP $1399 SALE PRICE **$1199.99***

STAINLESS STEEL MSRP $1599 SALE PRICE **$1299.99***

STAINLESS STEEL w/ Internal Water Dispenser MSRP $1699 SALE PRICE **$1399.99***

69.4" High

DIMENSIONS TO FIT ANY KITCHEN!

*After BC Hydro Rebate

26 Cu Ft French Door Refrigerator SAMSUNG

35.75" Wide

69.75" High

MSRP $2699 SALE PRICE **$1099.99**

WHITE *ONLY 7 AVAILABLE

26.0 Cu Ft French Door Refrigerator w/ Ice & Water Dispenser SAMSUNG

35.75" Wide

70" High

MSRP $3199 SALE PRICE **$1799.99**

STAINLESS STEEL

Classic Series 20.3 Cu Ft Bottom Freezer Fridge FRIGIDAIRE

30" Wide

67.75" High

MSRP $1199 SALE PRICE **$1099.99**
WHITE OR BLACK

MSRP $1299 SALE PRICE **$1199.99**
STAINLESS STEEL

26 Cu Ft French Door Refrigerator FRIGIDAIRE

35.75" Wide

69.5" High

MSRP $2099 SALE PRICE **$1399.99**
WHITE OR BLACK

MSRP $2299 SALE PRICE **$1499.99**
STAINLESS STEEL

27.8 Cu Ft French Door Refrigerator W/ Ice & Water Dispenser FRIGIDAIRE

35.75" Wide

69.5" High

MSRP $2999 SALE PRICE **$1999.99**
STAINLESS STEEL

5.0 Cu Ft Self Clean Electric Range

MSRP $999 SALE PRICE **$649.99**
STAINLESS STEEL

Convection Oven 5 Burner Gas Range In Full Stainless Steel

MSRP $1299 SALE PRICE **$999.99**
STAINLESS STEEL

Classic Series Self Clean, Electric Range w/ Fan Convection FRIGIDAIRE

MSRP $999 SALE PRICE **$699.99**
STAINLESS STEEL

True Convection 5 Burner, Gas Range FRIGIDAIRE

MSRP $1299 SALE PRICE **$999.99***
*AFTER $100 MAIL-IN-REBATE

5.9 Cu Ft Self Clean Smooth Top Convection Range SAMSUNG

MSRP $1399
** INVENTORY CLEARANCE **
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WHITE OR BLACK
*ONLY 3 AVAILABLE IN EACH COLOUR

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MSRP $1299
PAIR SALE PRICE **$999.99***
*AFTER MAIL-IN-REBATE
WHITE

5.2 Cu. Ft. Front Load Steam Washer and 7.3 Cu. Ft. Electric Steam Dryer SAMSUNG

(WF45A6400AW / DV331AEW) Pedestals Sold Seperately — STACK or SIDE-BY-SIDE

*** This is a mix & match inventory clearance pair ***

MSRP $2299
** INVENTORY CLEARANCE **
$1699.99
*6 SETS AVAILABLE
WHITE ONLY

4.8 Cu. Ft. Washer and 7.2 Cu. Ft. Dryer SAMSUNG

(WA422PHDWR / DV422EWHDWR)

MSRP $1999
PAIR SALE PRICE **$1499.99**
WHITE

6.0 Cu. Ft. Front Load Steam Washer and 9.0 Cu. Ft. Electric Steam Dryer LG

(WM8000HVA / DLEX8000V) Pedestals Sold Seperately — STACK or SIDE-BY-SIDE

MEGA CAPACITY
MSRP $3299
PAIR SALE PRICE **$2999.99**
SMART THINQ
GRAPHITE STEEL

With The Purchase Of This Pair, Get A FREE 16GB Playbook Tablet

4.1 Cu. Ft. Front Load Washer and 7.1 Cu. Ft. Dryer LG

(WM2250CW/DLE2250W) Pedestals Sold Seperately — STACK or SIDE-BY-SIDE

MSRP $1499
PAIR SALE PRICE **$1299.99***
*AFTER MAIL-IN-REBATE
WHITE

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(Including Water Filters)
With this coupon.

Expires September 31st, 2012

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Tall Tub Dishwasher w/ 6 level wash system

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WHITE ONLY
*PRICE INCLUDES DELIVERY & HOOK-UP

Built In Dishwasher w/ Stainless Interior

SALE PRICE **$599.99**
STAINLESS STEEL ONLY
*PRICE INCLUDES DELIVERY & HOOK-UP

Tall Tub Dishwasher w/ Front Controls & Stainless Interior SAMSUNG

WHITE OR BLACK SALE PRICE **$549.99**
STAINLESS STEEL SALE PRICE **$549.99**
*PRICE INCLUDES DELIVERY & HOOK-UP

Tall Tub Dishwasher w/ Storm Wash SAMSUNG

SALE PRICE **$799.99**
STAINLESS STEEL ONLY
*PRICE INCLUDES DELIVERY & HOOK-UP

Full Console Tall Tub Dishwasher FRIGIDAIRE

SALE PRICE **$429.99**
STAINLESS STEEL ONLY
*PRICE INCLUDES DELIVERY & HOOK-UP

Full Console Dishwasher w/ Blade Spray Arm FRIGIDAIRE

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